

Table 1. Demographic characteristics of the study population	
Age (years)	65.8 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/10
Marital status (married/divorced/widowed)	10/10/0
Smoking status (smoker/nonsmoker)	10/10
Alcohol consumption (yes/no)	10/10
Comorbidities (hypertension/diabetes/cholesterol)	10/10/10
Medication (antihypertensive/antidiabetic/anticholesterol)	10/10/10
Physical activity (yes/no)	10/10
Stress level (low/high)	10/10
Sleep quality (good/poor)	10/10
Depression score (0-10)	2.5 ± 0.5
Life satisfaction score (0-10)	7.5 ± 0.5
Overall health status (good/fair/poor)	10/10/0

What is claimed is:

1. An adjustment device; comprising:
 - a lifting mechanism having a lifting arm articulated to a component of a stationary supporting structure for moving the component between two end positions;
 - a rotary drive mechanism having an output member linked to the lifting arm; and
 - stationary support means, associated to the rotary drive mechanism, for at least partially absorbing a load moment exerted during movement of the component.
2. The adjustment device of claim 1 wherein the support means includes at least one support beam extending from one longitudinal side to another longitudinal side of the supporting structure.
3. The adjustment device of claim 1 wherein the support means includes two support beams extending from one longitudinal side to another longitudinal side of the supporting structure in spaced-apart parallel relationship, said rotary drive mechanism positioned between the support beams.

4. The adjustment device of claim 2 wherein the at least one support beam extends in one of a horizontal direction and vertical direction.
5. The adjustment device of claim 1 wherein the rotary drive mechanism includes a housing and a rotary drive fitted in the housing, said support means including a fork head mounted to the housing of the rotary drive mechanism.
6. The adjustment device of claim 1 wherein the rotary drive mechanism includes a housing having a wall, and a rotary drive fitted in the housing, said support means including a rod received in aligned bores in the wall of the housing.
7. The adjustment device of claim 1 wherein the output member of the rotary drive mechanism is form-fittingly connected to the lifting arm of the lifting mechanism.
8. The adjustment device of claim 6 wherein the output member of the rotary drive mechanism is a rotation part with a polygonal bore, said lifting mechanism including two of said lifting arm and a crossbar having opposite ends for interconnecting the two lifting arms, said crossbar snugly fitting in and extending through the bore.

9. The adjustment device of claim 6 wherein the output member of the rotary drive mechanism is a rotation part with a polygonal bore, said lifting mechanism including a crossbar having opposite ends for interconnecting two parallel rods of the component, said crossbar snugly fitting in and extending through the bore.
10. The adjustment device of claim 8, and further comprising a mounting for securing the rotary drive mechanism to the supporting structure, and a profiled piece disposed on one of the lifting arms on a side which faces the rotary drive mechanism, said crossbar having one end distal to the rotary drive mechanism, said one end of the crossbar attached to the profiled piece.
11. The adjustment device of claim 1 wherein the rotary drive mechanism includes a housing and a rotary drive fitted in the housing, and further comprising stop means, mounted to one of the housing of the rotary drive mechanism and the lifting mechanism, for defining the end positions.
12. The adjustment device of claim 11 wherein the stop means includes a resilient stop member.

13. The adjustment device of claim 11 wherein the rotary drive mechanism has a power supply line connected to the rotary drive, and an overload relay located in the power supply line for cutting the rotary drive when a current exceeds a predetermined value.